

# Community Nutrition Education

Improving Health and Well-Being for Limited-Resource Audiences Across the Nation



NUTRITIOUS DIETS ▪ PHYSICAL ACTIVITY ▪ FOOD BUDGETING ▪ FOOD SECURITY ▪ FOOD SAFETY ▪ FAMILY WELL-BEING



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

Obesity, poor nutrition, and limited physical activity are major health concerns. Unfortunately, poor health is found more often in limited-resource and minority audiences who have limited access to educational opportunities.

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*EFNEP and SNAP-Ed make a difference in the lives of their participants. To learn more about the programs and their impacts visit:*

[www.nifa.usda.gov/efnep](http://www.nifa.usda.gov/efnep)  
<http://snap.nal.usda.gov>

“ I never realized how much fun it could be to feed my family, how good I feel when I can stretch our food dollar throughout the month, and how rewarding it is to know that I can help my son grow strong by buying the right kinds of foods. ”

*--Program Participant*



**The Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed), formerly known as Food Stamp Nutrition Education (FSNE),** are two federal/state partnerships that support nutrition education for the improved health of limited-resource audiences. Both programs provide nutrition education to limited-resource individuals and families within their communities and are delivered using a learner-centered approach. Program graduates report increased knowledge, enhanced skills and abilities, and improved conditions related to nutrition, health, and well-being.

**EFNEP** operates in all 50 states, the District of Columbia, and 6 U.S. territories and targets limited-resource adults with young children and limited-resource youth. It uses a peer-educator interactive teaching model, which makes learning relevant and meaningful for participants. EFNEP has been achieving program results since 1969. The U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) provides federal oversight. The Land-Grant University/Cooperative Extension System delivers it locally.

**SNAP-Ed** operates in 52 states and territories and targets individuals and families eligible for the Supplemental Nutrition Assistance Program. SNAP-Ed uses both interactive and other approaches, such as social marketing campaigns. SNAP-Ed has worked cooperatively through successful partnerships since 1988. USDA's Food and Nutrition Service provides federal oversight. The Land-Grant University/Cooperative Extension System is a primary implementer of SNAP-Ed. NIFA serves as a liaison between these two entities.